What is claimed is:

1. A combined vertical and release micromachining process, comprising the steps of:

forming a mask on a substrate;

substantially isotropically etching said substrate through said mask and slightly undercutting said mask;

conformally passivating said substrate to produce a passivation layer of selected thickness;

alternately etching and passivating said substrate to define a structure in said substrate;

controlling the timing of said etching and passivating steps to produce a structure having substantially vertical walls; and

thereafter altering the timing of said etching and passivating steps to deposit a passivation layer of increased thickness and to etch said substrate to completely undercut and to release said structure.

- 2. The process of claim 1, wherein said steps are repeated to produce a second released structure self-aligned below said first structure in said substrate.
- 3. The process of claim 1, wherein said steps form a first level structure, and further including the steps of:

vertically etching said substrate through said mask and through said first level structure to form a trench defining a second level structure;

applying an oxide layer to the sidewalls of said trench; and anisotropically etching said trench below said sidewall oxide layer to release said second level structure.

- 4. The process of claim 3, wherein forming a mask includes defining said first level structure to have a first width, and wherein vertically etching said substrate through said first level structure defines said second level structure to have a second width greater than said first width by the thickness of said first level passivation layer.
 - 5. The process of claim 4, further including electrically isolating selected

segments of said first and second structures by thermal oxidation of said structures.

- 6. The process of claim 5, further forming an electrical contact point on said structures.
- 7. The process of claim 6, further including applying an electrically conductive layer to said structures.
- 8. The process of claim 4, further including removing selected portions of said structures by a focused ion beam.
- 9. The process of claim 4, further including removing a selected portion of said structures by fully oxidizing a selected thin segment of said structure and etching away said thin segment.
- 10. The process of claim 4, further including depositing a second mask on said structures, and thermally oxidizing a selected portion of said structure through said mask.
- 11. The process of claim 1, wherein said substrate is alternately etched and passivated to produce a high aspect ratio structure.
 - 12. A microelectromechanical structure comprising:

a substrate having a cavity formed by etching through a single mask a twolevel suspended structure in said substrate, the structure including:

a first level incorporating a first clamp stage suspended in said substrate and movable by a first set of actuators;

a second level incorporating a second clamp stage suspended in said substrate and movable independently of said first stage by a second set of actuators, said first and second levels being substantially identical and vertically self-aligned, said first and second sets of actuators being operable in opposite directions to shift one of said first and second clamp stages with respect to the other.